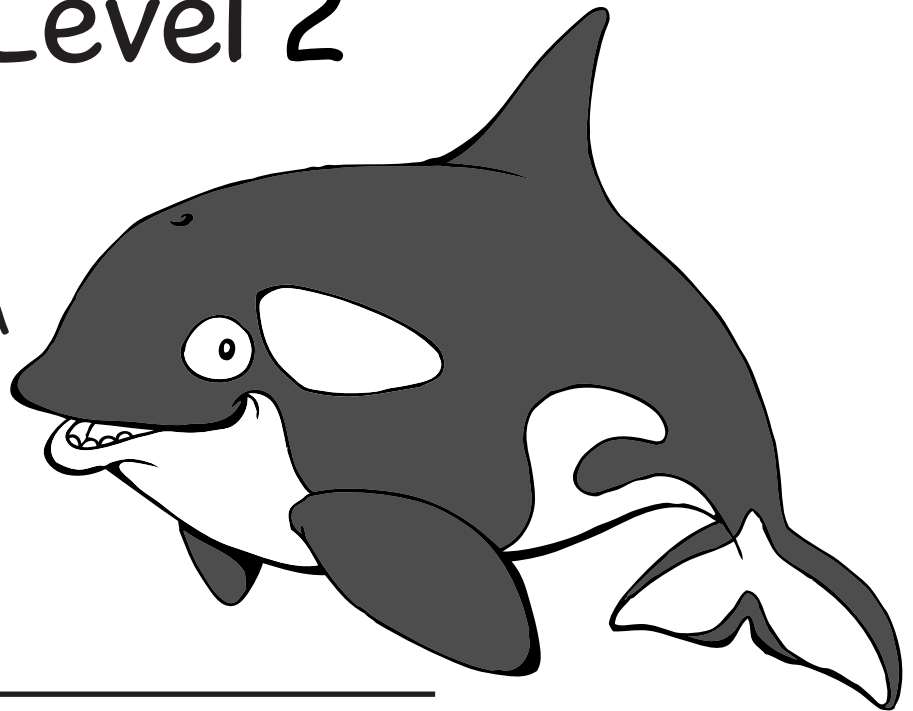


# Learn to Swim

## Level 2

WALLY the ORCA



### Course Curriculum

#### Exit Skills:

- O Roll over from underwater recovery to back float with kick and return to underwater recovery
- O Underwater recovery with breathing to the side (full arm extension, pull back to hips)
- O Back glide with kick and winging (slight knee bend, 15yds)
- O Back stroke arms (arms recover out of water, slight knee bend, 15 yds)
- O Sculling on back (slight knee bend 10 yds)
- O Freestyle arms (both arms recover out of water, introduction to breathing)

#### Level Skills:

- O Jump in chest deep water and level off
- O Lifejackets (put on and jump into chest deep water, kick on back)
- O Deep water orientation (jump in deep water, level off, and swim to instructor)
- O Discuss signs of a swimmer in distress
- O Reaching assist